



## **Moore County School System Trend Report CSH Overview Summary**

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Moore County School System.

### **CSH Infrastructure Established**

An infrastructure for CSH has been developed for the Moore County School System that includes:

- School Health Advisory Committee
- Two Healthy School Teams
- School Health Policies strengthened or approved include Emergency Allergy Response Plan, a wellness policy, Parent Involvement Policy and Parent Involvement/Engagement Plan, and a Mental Health Procedures/Crisis Plan.
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$206,344.

Community partnerships have been formed to address school health issues. Current partners include:

- |                                       |  |
|---------------------------------------|--|
| ➤ Moore County Solid Waste Management | ➤ American Red Cross                   |
| ➤ UT Ag Extension                     | ➤ SUDIA                                |
| ➤ Lynchburg Lion's Club               | ➤ Junior's House (Child Abuse Center)  |
| ➤ Moore County 4-H Honors Club        | ➤ Lynchburg Leadership                 |
| ➤ Moore County Farmers                | ➤ Junior Lynchburg Leadership          |
| ➤ Moore Care                          | ➤ Lynchburg Elementary School PTO      |
| ➤ Moore County Health Council         | ➤ American Cancer Society              |
| ➤ Center Stone Mental Health          | ➤ FCE Organization                     |
| ➤ Moore County Sherriff's Department  | ➤ Moore County Public Library          |
| ➤ Moore County Fire Department        | ➤ DARE Role Model Group                |
| ➤ Moore County Soil Conservation      | ➤ Motlow State Community College       |
|                                       | ➤ Moore County Highway Department      |
|                                       | ➤ Moore County Extended School Program |

### **Parent and Student Involvement Developed**

Parents are involved in numerous CSH activities that include health screenings, healthy school teams, a wellness committee, numerous school activities (Raider Romp, Walk – a – thon). Currently, 350 parents are collaborating with CSH.

Students have been engaged in CSH activities such as health screenings, blood drives, walk-a-thons, Raider Romp, and intramural activities. Approximately 330 students are partnering with CSH to address school health issues.

### **School Health Interventions**

Since CSH has been active in the Moore County School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – 1,352 vision screenings and 265 referrals; 1354 hearing screenings for 2010-11 and 19 referrals;

1,380 Students have been seen by a school nurse and 1,245 returned to class;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. For the 2010-11 school year the BMI data shows 49% of students are overweight or obese, 49% are normal, and 1% is underweight;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include salad bars, exercise equipment/materials, and health education materials;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include the Physical Education Conference in Milan, TN, National Healthy Minds and Body Conference, Tennessee School Nurses Association Conference, UT Extension Family Symposium, and School Climate Symposium.

School faculty and staff have received support for their own well-being through Biggest Loser competitions, staff wellness room, and Registered Dietician services.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Michigan Model curriculum, partnering with UT Extension to teach health segments, and a health department community programs partner;
- Physical Education/Physical Activity Interventions – Take 10!, physical activity implemented into music classes, and a walk-a-thon;
- Nutrition Interventions – UT Extension teaching nutrition through classes and after school, salad bar implemented, bottled water provided for sale, Nutrition Nuggets newsletters, Registered Dietician services offered, Friday Back Pack Program;

- Mental Health/Behavioral Health Interventions – mental health team established, MOUs with community organizations, like Junior's House, Crisis Plan developed, and mental health 101 training for all staff.

In such a short time, CSH in the Moore County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Monica Hardin  
931-759-4888